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We'd really appreciate anything you can do to help us spread the word throughout the week to young people in your school or college. Simply use the templates we've created in the below guides:  [Twitter](http://go.kooth.com/Groi)  [Instagram stories](http://go.kooth.com/O8jQ)  [For use on your school website or learning portal](http://go.kooth.com/NSuP)  [Email to parents and carers](http://go.kooth.com/RR2E) | | |  |  |  | | --- | --- | | |  | | --- | | [**Access our campaign page here**](https://cloud.brandmaster.com/brandcenter/en/koothplc/component/default/102157) | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | Kooth now offering mental health lesson plan resources | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | At Kooth we're excited to announce new resources available for education settings, entirely FREE. We're offering lesson plans that adhere to the curriculum for PSHE. Our lesson plans cover the following topics:  **1. An introduction to mental health, stress and anxiety 2. Managing exam stress**  If you are interested in accessing these resources, please **get in touch with your local engagement lead.** | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | Free digital resources for education professionals | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | Check out our range of **FREE**digital resources for education professionals, including information on **how to support through significant incidents**and our **Exam Results Day Support Guide.** | | |  |  |  | | --- | --- | | |  | | --- | | [**Click to access**](https://cloud.brandmaster.com/shared/assets/a814fef631efb8669c06) | |  |  |  | | --- | --- | | |  | | --- | | **Contact your local engagement lead for more information on resources and engagement opportunities.** Tanjima Akther [takther@kooth.com](http://takther@kooth.com) | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | We are the largest provider to the NHS for digital mental health services and the largest contributor to the [MHSDS](https://www.google.com/url?q=https://digital.nhs.uk/data-and-information/data-collections-and-data-sets/data-sets/mental-health-services-data-set&source=gmail-imap&ust=1680872607000000&usg=AOvVaw2f6x9OGNE4gTmqr9jue1yK). Our youth and adolescent service is available to over 62% of all children and young people in the UK. Our adult service is available in 20+ regions across the UK. Alongside this, we deliver pioneering research and work to establish the evidence base for Kooth to contribute to best practice in digital mental health innovation - this is really important to us. We have innovated in developing bespoke clinically-validated measures around peer to peer interaction and our single session therapeutic model. We are a BACP Accredited Service. | | | | |
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